Belmont Recreation Department and Simply Yoga present Yoga for Kids.



8 week session starting Thursday, April 27- June 15, 2017

Yogi Explorers (ages 3 - 6) Thursdays 3:15-4pm \$100

Kids will go on weekly yoga adventures to places like Egypt, China, Africa, and even New York City using creative play, story telling, fun facts, and imagination to explore asana (yoga poses) and learn pranayama (breathing tools) to increase body awareness, balance and posture, positive self-image, and strength. Each class focuses on a selected theme such as kindness, honesty, community, and helping others woven throughout each class and country.

Classes includes breath work, age appropriate asana practice, music, yoga games, story telling or reading a book tied to the class theme, fun facts, a craft or coloring page as savasana, and a closing meditation.

• If children are not potty trained, parents must stay at the studio for the duration of class



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Yogi Adventurers (ages 7 - 11) Thursdays 4-5pm \$120

These classes will use the theme of world travel to meet these kids where they are in a safe, non-competitive, come-as-who-you-are environment. This session explores how kids all over the world are experiencing the same (and some different) challenges as they are. Through a broader world-view, freedom of expression in class, asana exploration, and breathing tools, tweens can expand their sense of community and their connection to themselves and their changing world. Yoga in these classes is a grounding, holding practice that provides tools these kids can use to create calm, positive self-image,

Classes includes breath work, age appropriate asana practice, music, yoga games, a savasana, and closing meditation.

Please have children remove socks as a safety precaution

- Please have children bring a water bottle to class
- · Arrive 15 minutes before class begins
- . Classes follow school schedule so there are no classes during vacation days; snow days will be made up at the end of the session
- Kids can join a class mid-session of the class session is not sold out. The cost will be prorated.

Register on line at www.simplyyogama.com

All classes are held at the Simply Yoga 93 Trapelo Road Belmont, MA 02478